

# Volcanic Meatloaf

Meal Components: Vegetable - Beans / Peas, Vegetable - Other, Meat / Meat Alternate

D-68

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt 2 cups		3 qt	<b>1.</b> Rinse lentils and sort out any unwanted materials. Drain well. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 20 minutes.
*Lentils, red, dry	1 lb 5 oz	3 1/4 cups	2 lb 10 oz	1 qt 2 1/2 cups	
Raw ground beef (no more than 15% fat)	6 lb 4 oz	3 qt	12 lb 8 oz	1 gal 2 qt	<b>2.</b> Critical Control Point: Cool to 70 °F or lower within 2 hours and 41 °F or lower within 6 hours.
					<b>3.</b> In a large mixer, add ground beef, milk, eggs, oats, tomato paste, mustard, parsley, granulated garlic, onions, celery seed, pepper and cheese. Fold in lentils. Mix well.
Nonfat milk		3 1/2 cups		1 qt 3 cups	
Egg whites	11 oz	1 1/3 cups	1 lb 6 oz	2 2/3 cups	
Oats, rolled, quick, dry	8 oz	2 1/4 cups	1 lb	1 qt 1/2 cup	
Canned no-salt-added tomato	7 oz	2/3 cup	14 oz	1 1/3 cups	

yellow mustard	13 oz	1 1/2 cups	1 lb 10 oz	3 cups
Dried parsley		1/3 cup		3/4 cup
Granulated garlic		2 Tbsp 2 tsp		1/3 cup
Dehydrated onion flakes		2 Tbsp 2 tsp		1/3 cup
Celery seed		3 Tbsp		1/3 cup
Ground black pepper		1 1/2 Tbsp		3 Tbsp
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	13 oz	2 1/2 cups	1 lb 10 oz	1 qt 1 cup

**4.** Portion using a No. 6 scoop (5 1/2 oz) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray.

**5.** Bake:

**6.** Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.

**7.** Critical Control Point: Hold for hot service at 135 °F or higher.

**8.** If desired serve with catsup and mustard.

**9.** Serve 1 meatloaf.

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

### Serving

NSLP/SBP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 2 1/2 oz equivalent meat/meat alternate.

Legume as Vegetable: 1 3/4 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, and 1/8 cup other vegetable.

CACFP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 1 3/4 oz meat/meat alternate and 1/8 cup legume.

Legume as Vegetable: 1 3/4 oz meat/meat alternate and 1/4 cup vegetable.

## Marketing Guide

### Food as Purchased for

### 50 Servings

### 50 Servings

Dry lentils, red

1 lb 5 oz

2 lb 10 oz

### Serving

### Yield

### Volume

See Notes

**50 Servings:** about 11 lb

**50 Servings:** 50 meatloaves

**100 Servings:** about 22 lb

**100 Servings:** 100 meatloaves

Nutrients Per Serving					
Calories	178.84	Saturated Fat	3.32 g	Iron	2.48 mg
Protein	16.32 g	Cholesterol	42.81 mg	Calcium	101.18 mg
Carbohydrate	9.21 g	Vitamin A	328.77 IU	Sodium	191.97 mg
Total Fat	8.14 g	Vitamin C	4.73 mg	Dietary Fiber	2.58 g